

The Center for

# Active Adults

Serving the Greater South Lyon Area  
"A Community Center for  
Ages 50 & Up"

(248) 573-8175 [www.centerforactiveadults.com](http://www.centerforactiveadults.com)

Issue: 408 • MAR/APR 2024

## UKRAINIAN EGG DYING CLASS w/CARRIE



\$15

March 5th or March 7th

1:00pm - 3:00pm

Prepayment is required/ RVSP today!

# SPRING

*cleaning*

with **Attorney Phil Weipert**

**"Make sure your legal affairs are in order!"**

**March 19th**

**Q & A**

**1:00pm - 2:30pm**

## PIZZA & POP

with **John Hogan**

**April 3rd, 11:30am - 1:00pm**

**Managing Your Credit Score**

**April 24th, 11:30am - 1:00pm**

**Identity Theft Prevention**

**Comerica**

Seating is limited at  
The Center -  
RSVP today!



## **DIA OUTINGS!**

### **GUIDED TOUR**

Friday, March 15th 10:30am

### **MELODIES at the MUSEUM**

*Join us this spring for a series of musical performances at the DIA - just for senior groups!*

**Thursday, April 25th**

The Royal Garden Trio: performing jazz and popular songs from the early 20th century, and original music.

**Thursday, May 30th**

Motown Tribute with G-Note 7: performing Motown classics from the 1960s and 1970s.

*All performances start at 1pm and include post-performance to-go refreshments.*

Pre-registration is required

## WOOD CARVING AT ALL LEVELS

**Mondays & Thursdays**  
**10:00am - 1:00pm**



- If you're new to wood carving, the experienced carvers will get you started.
- Enjoy the camaraderie of working with other carvers.
- Assist the "Lean on Me" program/Travel short distances to shows & competition
- Please bring a drop cloth to catch your shavings.

Welcoming new faces! No tools or experience required!

Spring is nature's way of saying  
"Let's party!"



- Robin Williams

## Make & Take Greeting Card Class



Have fun creating  
3 unique greeting cards each week!

**Wednesdays**  
**11:00am - 12:00pm**

Only \$7.00 per class, payable to instructors  
Includes materials for all 3 cards

**Space is limited** - RSVP the Monday before class by texting or calling the instructors. Call Faith or The Center to pre-register.

## Introduction to Watercolor Painting



Instructor, Mi Berry  
"Sea Life"

**March 20th &  
April 24th**  
**12:30pm - 3:00pm**  
Class fee: \$20

Pre-registration and payment required.

## KNIT & CROCHET

Join us

**FRIDAYS!**

**10:00am-12:00pm**



**Beginners - Advanced Welcome**  
**Drop in anytime!**

## Anyone Can Paint, EVEN YOU!

**Tuesdays, March 19th**  
**and April 23rd**

**10:00am - 12:00pm**



## Acrylic Landscape Painting

Join award winning television and YouTube artist, **Steve Wood**, to learn his step-by-step methods & proven techniques for painting beautifully!

**\$23.00—for each session: Payable to CAA**

- ◆ Fee includes brushes, paints, canvas & instruction
- ◆ Students should bring a margarine size plastic tub 10" dinner plate & paper towels
- ◆ Students will complete 1 painting at each session.

**MUST PRE-PAY BY 12-NOON, MONDAY BEFORE CLASS on TUESDAY! MINIMUM 6 STUDENTS NEEDED.**



# Tech Talk with Andrew

Limited seating! RSVP to The Center

**CENTER FOR ACTIVE ADULTS**  
**2 Wednesdays:**  
**March 20th & April 17th**  
**1:00pm - 2:30pm**  
*Need help cleaning up your computer or finding the latest and greatest useful apps for your phone? Let Andrew show you how!*




**AARP**<sup>®</sup>

It's almost **TAX TIME**

Center March Appts. Thurs.  
**FULL**  
 Waiting list


**SPRING BREAK** →

## HOLIDAY SINGERS



“Spring Friendship Medley”  
 starting April 5th -  
 meeting weekly on **Fridays**  
**2:00pm - 3:00pm**

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:**  
**March 20th & April 17th**  
**11:30am - 12:15pm**  
*See list of titles at The Center!*

## Medical Loan Closet

Do you have old medical equipment collecting dust? The CAA will gladly take donations of wheelchairs, walkers, shower/commode chairs, transfer benches, unopened packages of briefs, and other durable medical equipment. All items are stored at the center and loaned to your fellow community members in need!



**NOTE:** We cannot accept clothing, shoes, or opened brief packages.  
 In need of medical equipment? Just ask!  
 We will do our best to help!

**MISCELLANEOUS**

**Center Closed**  
**March 25th - March 29th**

## Tai Chi Fundamentals with Hilary



**12:45pm - 1:45pm**  
**SESSION 2 (Spring)**  
**Mondays 12:45pm - 1:45pm**  
**March 4, 11, 18**  
**April 1, 8, 15, 22, 29**

Students meet weekly for 8 classes. \$32

*This program is a simplified classic Tai Chi that can be adapted to each student's needs. Hilary is a retired physical therapist.*

*Register today, class size is limited to 15 students!*

*(Check out the article to the right.)*

## For Spotlight on Spring Tai Chi Class



*Refresh and renew as we approach spring. Spring is associated with the Wood Element which governs the Liver and Gallbladder. Learn new energizing movements that are a spring cleaning for the body and mind; refresh your tai chi form with new movements. A modified Tai Chi Program at an adapted level and a functional level. This class is taught by a retired physical therapist.*



# YOGA



**Morning Flow Yoga:** Morning Flow Yoga is comparable to Moderate Flow Yoga honoring individuals' energetic levels earlier in the morning. This class allows you to arrive and enjoy quiet stillness, warm up and energize the body and leave class ready to enter the rest of your day with vitality and equanimity. It works on Stretching, Strengthening, and balancing. Students must be able to get up and down from the floor on their own.

**Yin Yoga:** Yin is a slower paced practice that incorporates holding poses for a length of time. Yin yoga focuses on the bones, joints, ligaments, and fascia. Poses are held anywhere from 3 to 10 minutes to target the connective tissues. Yin is suitable for all levels of students that are able to get up and down from the floor on their own.

**Kaiut Yoga:** Kaiut Yoga is a practice designed by chiropractor Francisco Kaiut that focuses on working the joints (instead of stretching the muscles). The format is highly accessible to all people, regardless of flexibility, strength, age, or experience. The Kaiut method isn't about creating pretty shapes. Rather the aim is to help people heal from injury and chronic pain and reconnect with the body's inner wisdom. Students must be able to get up and down from the floor on their own.

**Kaiut Chair Yoga:** Kaiut Yoga done in a chair or standing for those with limited range of motion.

**Yoga with Thad:** A lighthearted and fun approach to Hatha Yoga.

### **Mondays:**

9:15 am – Morning Flow with Savita

7:15 pm – Evening Yin with Star

### **Tuesdays:**

9:15 am – Yin with Star

10:30 am – Chair with Star

7:15 pm – Evening with Star

### **Wednesdays:**

9:15 am – Kaiut with Kristie

10:30 am – Chair Kaiut with Kristie

### **Thursdays:**

9:15 am – Yin with Star

10:30 am – Chair with Star

7:15pm—Evening Kaiut w/Suzanne  
 (Suzanne is back in April)

### **Fridays:**

9:15 am – Hatha with Thad

We have plenty of yoga challenges to keep you inspired!

Contact the Center for more information!  
 \$5.00 Members | \$8.00 Non-members

## SENIOR SWIM



SOUTH LYON HIGH SCHOOL EAST  
5220 10 Mile Road  
Enter at Door #23

**TUESDAYS & THURSDAYS**

**11:15am entrance**  
**11:30am - 1:00pm Pool Time**  
**\$3 per person**



**NO SWIMMING IN MARCH!**  
**RESUMES APRIL 2nd**

The Center is now offering  
"Lap Swim"  
Tuesdays and Thursdays  
during Senior Swim!

## CARDIO & WEIGHTS with Carol Glenn



**FRIDAYS**



**10:30am - 11:30am**

Class Fee: \$3.00

## EXERCISE CLASS

With Physical Therapist

**Carol Glenn**



These 1-hour beginner/  
intermediate level classes  
address total body strength,  
flexibility, and balance.  
Emphasis is placed on  
proper mechanics and  
proper movement.

**WEDNESDAY & FRIDAYS**

**11:45am - 12:45pm**

Class fee: \$2.00

Class size is limited-  
Pre-registration is Advised!

**FITNESS & HEALTH**



National **Kidney** Foundation®  
of Michigan

**Nutrition for Healthy Aging**  
*Ask the Dietitian*

**Thursday, April 11th**

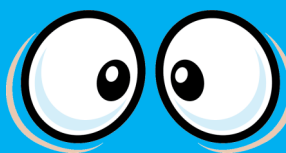
**1:00pm - 2:30pm**  
**at The Center**

This Workshop is **FREE**  
RSVP by April 9th

# DAV

DISABLED AMERICAN VETERANS

Call The Center to schedule  
a personal conference  
with Rick



*Check it out!*

The Center for Active Adults now  
has a web page!  
[www.CenterForActiveAdults.com](http://www.CenterForActiveAdults.com)



**Tuesdays**  
**10:30am - 11:30am**  
**Thursdays**  
**12:00pm - 1:00pm**  
 \$2.00 Class Fee



**WALKING CLUB**  
**Tuesdays, Wednesdays,**  
**and Thursdays**

**4:15pm - 6:00pm**  
 Centennial MMS  
*Enter through Door #8*

**\*Ends Thursday, March 21st\***

**DISCLAIMER!**

Although the Senior Center provides information through workshops, seminars and referrals for senior services, we do not endorse any private company; we merely inform consumers of the availability of services that may enhance the lives of seniors outside of the Center for Active Adults. As a consumer, you are encouraged to independently research and ask for references.

**MASSAGE THERAPY**

*Massage Therapy promotes a fabulous feeling of improved health and circulation, easing of muscle tension & stress reduction.*

**MONDAYS, 9:00am - 11:00am**



**\$20.00 for 25-Minutes**  
**Seated Massage**

Our Myomassologists offer:

- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

*Certified Myomassologists:*  
 Joan Shifferd & Laurie Canfield  
 Call The Center for an Appointment

**PICKLE BALL**

**Monday thru Thursday!**  
**5:30pm - 7:30pm**  
 \$3.00 per member, \$5 non-member

Dolsen Elementary Gym  
 56775 Rice Street, New Hudson, MI 48165



**T.O.P.S**

**Take off Pounds Sensibly**

**TOPS** is a non-profit weight-loss organization that helps people meet individual needs through group support.

**EVERY FRIDAY**

Weight-In: 8:30am - 9:15am  
 Meeting: 9:30am -10:15am  
**\$45 New Members - \$37 Existing members**

The CAA would like to thank our T.O.P.S. group for their continued support of The Center! U R TOPS!

## MAHJONG



Team up for a game of Mahjong, a Chinese tiles version of Rummy!  
**WEDNESDAYS**  
at CAA, 12:30pm

Join us for a casual game of drop-in Pinochle!



Join us every **WEDNESDAY**  
10:00am - 12:00pm  
*Come join the friendly competition!*



Non-competitive, many free train dominoes.  
We will be playing by house rules.  
Stop by and have some fun!  
**TUESDAYS, 1:00pm - 3:00pm**

## Scrabble Club



### MONDAYS

10:00am - 12:00pm



### NEW GROUP!

**WEDNESDAYS**  
12:30pm - 2:00pm

Drop in anytime!  
We will teach you how to play!

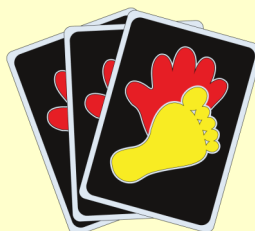
*Everybody welcome*



Join Us!!

**TUESDAYS 10:00am - 12:00pm**

## Hand & Foot Card Club



Everyone is invited to join us for a fun afternoon to play Hand & Foot

*Don't know how to play?  
We'll show you!*

**THURSDAYS**  
12:00pm - 3:30pm



**TUESDAYS - 2:00pm - 3:00pm**  
**FRIDAYS - 12:30pm - 1:45pm**

25 cents/card; play multiple cards  
Bring a friend! All Welcome!

**B.Y.O.G.**  
(Bring Your Own Game)

### WEDNESDAYS

**Bring it on!**  
**1:00pm - 3:00pm**

**...and B.Y.O.F.**  
(Bring Your Own Friends!)



Please RSVP to the Center

**FUN & GAMES**

## NEW MEMBER LUNCHEON



May 7th

12:00pm - 1:30pm  
\$10 per member

RSVP to The Center



Come in for a

\$4

## QUICK LUNCH

New volunteer opportunity  
for a group of chefs!

Talk with Carrie for details

## THE CLOSET

Check out our shop filled with  
goodies, gifts, trinkets & treasures  
to support The Center. Come in &  
see what we've got.  
Happy Hunting!



*We gratefully  
accept donations!*

LEISURE & MISC.

## USED BOOK SALE

Assortment of  
Non-fiction & Fiction  
Everyday!

Please join us for

## Breakfast

Lucas Coney Island

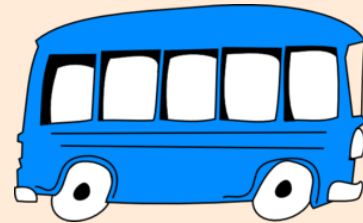
Monday, March 4th  
And Monday, April 1st

Meet at 9:30am



*Our Breakfast Group is a  
very casual, nice way to  
meet new friends & enjoy  
old ones.  
No reservations needed*

## NEED HELP GETTING TO THE CENTER?



Livingston County Residents:

**L.E.T.S Transportation**

To schedule, call: 517-546-6600

8:30am - 3:30pm, M-F

For more info: [www.livgov.com/lets](http://www.livgov.com/lets)

Oakland County Residents:

**People's Express**

To schedule, call: 877-214-6073

10:00am - 7:00pm, M-F

For more info: [peoplesexpressmi.com](http://peoplesexpressmi.com)



## MARCH FUNDRAISER

Bombay Co. Two Drawer Console  
Sofa Table



## APRIL FUNDRAISER

New Black & Decker 12 Cup  
Programmable Coffee Maker



See The Center for more details

## “Growing Together!” Spring Fund Fundraising Campaign

Every contributor adds a leaf to our tree,  
helping to keep The Center flourishing.



MISC. INTERESTS & RESOURCES



### Identity Theft Prevention

April 24th  
11:30am

RSVP to The Center

[southlyonfirstumc.org](http://southlyonfirstumc.org)

Medical Supply  
Loan Closet



640 South Lafayette St.  
South Lyon, MI 48178  
248-437-0760

[medicalcloset@southlyonfirstumc.org](mailto:medicalcloset@southlyonfirstumc.org)



At no cost borrow equipment such as a:

- Wheelchair
- Walker with or without a seat
- Shower chair or bench
- Knee scooter
- Cane
- Commode
- Hospital bed and more!

Donations of gently used and clean equipment  
accepted on **Wednesdays between 10am - 12pm.**

We are unable to accept crutches or  
incontinence products at this time.

*Please do not leave items at our doors.*

## Be an Angel! Support The Center for Active Adults

Your donation will not only earn you Angel Wings, but also help us to continue to offer the extensive programming and vibrant community that our center is known for!

### ANGELS DONATIONS for January & February

Karolyn T.  
Denise W.  
Betty K.  
Susan A.  
Pauline W.  
Sandy M.



Thank You!



Please inquire at The Center to find out how you can help.

**248.573.8175**

## A Note from the Director

Hello,

Thank you for coming to The Center to help each other get through the winter doldrums.

We have lots of special programs to look forward to in March and April.

Ukrainian Egg Dying Classes, AARP Tax Preparation in March, New Tai Chi session, DIA Trips each month, Legal Q and A workshop, two Financial Lunch & Learns, and a Spring Salad Luncheon to plan.

Hope you will join us !

*Carrie, Jordan, Judy, Pat and Sherry*

# SOUTH LYON EVENTS 2024


- CARNIVALE**  
Saturday, March 2, 4-7 pm
- EASTER EGG SCRAMBLE**  
Saturday, March 30, 11 am
- CITY-WIDE GARAGE SALES**  
May 2, 3, 4, 5
- FARMERS MARKET**  
Select Saturdays, Nov. to March at the VFW, 10:00 am – 2:00 pm  
Saturdays, May through October, 9 am – 2 pm
- DOWNTOWN LADIES' NIGHT OUT – SPRING**  
Friday, May 10, 5 – 9 pm
- POLICE / FIRE OPEN HOUSE**  
Saturday, May 18, 11 am – 3 pm
- LAKE STREET CRUISE-IN CAR SHOW**  
Fourth Wednesday, May-September, 6:30 - 9:30 pm
- MEMORIAL DAY PARADE**  
Monday, May 27, 9 am

Looking for Quick Lunch and Fundraising Volunteers!  
Call Carrie at The Center

**WALKING CLUB, Tues., Wed., Thurs., 4:15pm - 6:00pm**  
 Centennial MS. The season ends March 21st.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pickle Ball</b> Mon, Tues., Wed., and Thurs. 5:30pm - 7:30pm Dolsen Elem. Gym				8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardlo & Weights/Card 11:45 Exercise w/Card 12:30 BINGO
4 9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 Evening Yin	5 9:15 Yin w/Star 10:00 Euchre 10:30 Chair Yoga w/Star 10:30 Line Dancing 1:00 Dominoes <b>1:00 Ukrainian Egg</b> 2:00 BINGO 7:15 Evening Mixed Yoga	6 9:15 Yin w/Star 10:00 Pinochle 10:30 Chair Yoga w/Star 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games AARP Tax Prep	7 9:15 Yin w/Star 10:00 Wood Carving 10:30 Chair Yoga w/Star 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing <b>1:00 Ukrainian Egg</b> AARP Tax Prep	8 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardlo & Weights/Card 11:45 Exercise w/Card 12:30 BINGO
11 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 Evening Yin	12 9:15 Yin w/Star 10:00 Euchre 10:30 Chair Yoga w/Star 10:30 Line Dancing 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga	13 9:15 Yin w/Star 10:00 Pinochle 10:30 Chair with Star 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games AARP Tax Prep	14 9:15 Yin w/Star 10:00 Wood Carving 10:30 Chair Yoga w/Star 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing AARP Tax Prep	15 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardlo & Weights/Card <b>10:30 DIA Trip</b> 11:45 Exercise w/Card 12:30 BINGO
18 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 Evening Yin	19 9:15 Yin w/Star 10:30 Chair Yoga w/Star 10:00 Euchre/Anyone Can Pt 10:30 Kaiut Beg + Chair 10:30 Line Dancing 1:00 Dominoes <b>1:00 Legal Q &amp; A</b> 2:00 BINGO 7:15 Evening Mixed Yoga	20 9:15 Kaiut w/Kristie 10:00 Pinochle 10:30 Chair Kaiutw/Kristie 11:00 Card Making <b>11:30 Book Club</b> 11:45 Exercise w/Card 12:30 Mahjong/Watercoloring 1:00 Fun & Games <b>1:00 Tech Talk w/Andrew</b> AARP Tax Prep	21 9:15 Yin w/Star 10:00 Wood Carving 10:30 Chair Yoga w/Star 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing AARP Tax Prep Last day of Walking Club	22 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardlo & Weights/Card 11:45 Exercise w/Card 12:30 BINGO
25	26	27	28	29
<b>CLOSED MARCH 25-29 "Spring Break"</b> <b>See you April 1st</b>				

**Pickle Ball**  
 Mon, Tues., Wed., and Thurs. 5:30pm – 7:30pm  
 Dolson Elem. Gym

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>1</b></p> <p>9:00 Massage by Appt.                      9:30 Breakfast Club                      9:15 Morning Flow Yoga                      10:00 Scrabble                      10:00 Wood Carving                      12:45 Tai Chi                      7:15 Evening Yin</p>	<p><b>2</b></p> <p>9:15 Yin w/Star                      10:00 Euchre                      10:30 Chair Yoga w/Star                      10:30 Line Dancing                      11:15 Senior Swim                      1:00 Dominoes                      2:00 BINGO                      7:15 Evening Mixed Yoga</p>	<p><b>3</b></p> <p>9:15 Kaiut w/Kristie                      10:00 Pinochle                      10:30 Chair Kaiut w/Kristie                      11:00 Card Making  <b>11:30 Manage Your Credit Score</b>                      11:45 Exercise w/Carol                      12:30 Mahjong                      1:00 Fun &amp; Games</p>	<p><b>4</b></p> <p>9:15 Yin w/Star                      10:00 Wood Carving                      10:30 Chair Yoga w/Star                      11:15 Senior Swim                      11:30 Intro to Hand &amp; Foot                      12:00 Hand &amp; Foot                      12:00 Line Dancing                      7:15 Evening Kaiut w/Suz.</p>	<p><b>5</b></p> <p>8:30 T.O.P.S. Weigh-in                      9:30 T.O.P.S. Meeting                      9:15 Yoga with Thad                      10:00 Knit &amp; Crochet                      10:30 Cardio &amp; Weights/Card                      11:45 Exercise w/Carol                      12:30 BINGO                      2:00 Holiday Singers</p>
<p><b>8</b></p> <p>9:00 Massage by Appt.                      9:15 Morning Flow Yoga                      10:00 Scrabble                      10:00 Wood Carving                      12:45 Tai Chi                      7:15 Evening Yin</p>	<p><b>9</b></p> <p>9:15 Yin w/Star                      10:00 Euchre                      10:30 Chair Yoga w/Star                      10:30 Line Dancing                      11:15 Senior Swim                      1:00 Dominoes                      2:00 BINGO                      7:15 Evening Mixed Yoga</p>	<p><b>10</b></p> <p>9:15 Kaiut w/Kristie                      10:00 Pinochle                      10:30 Chair Kaiut w/Kristie                      11:00 Card Making                      11:45 Exercise w/Carol                      12:30 Mahjong                      1:00 Fun &amp; Games</p>	<p><b>11</b></p> <p>9:15 Yin w/Star                      10:00 Wood Carving                      10:30 Chair Yoga w/Star                      11:15 Senior Swim                      11:30 Intro to Hand &amp; Foot                      12:00 Hand &amp; Foot                      12:00 Line Dancing  <b>1:00 Ask the Dietitian</b>                      7:15 Evening Kaiut w/Suz.</p>	<p><b>12</b></p> <p>8:30 T.O.P.S. Weigh-in                      9:30 T.O.P.S. Meeting                      9:15 Yoga with Thad                      10:00 Knit &amp; Crochet                      12:30 BINGO                      2:00 Holiday Singers</p>
<p><b>15</b></p> <p>9:00 Massage by Appt.                      9:15 Morning Flow Yoga                      10:00 Scrabble                      10:00 Wood Carving                      12:45 Tai Chi                      7:15 Evening Yin</p>	<p><b>16</b></p> <p>9:15 Yin w/Star                      10:00 Euchre                      10:30 Chair Yoga w/Star                      10:30 Line Dancing                      11:15 Senior Swim                      1:00 Dominoes                      2:00 BINGO</p>	<p><b>17</b></p> <p>9:15 Kaiut w/Kristie                      10:00 Pinochle                      10:30 Chair Kaiut w/Kristie                      11:00 Card Making  <b>11:30 Book Club</b>                      11:45 Exercise w/Carol                      12:30 Mahjong/Watercoloring  <b>1:00 Tech Talk w/Andrew</b>                      1:00 Fun &amp; Games</p>	<p><b>18</b></p> <p>9:15 Yin w/Star                      10:00 Wood Carving                      10:30 Chair Yoga w/Star                      11:15 Senior Swim                      11:30 Intro to Hand &amp; Foot                      12:00 Hand &amp; Foot                      12:00 Line Dancing                      7:15 Evening Kaiut w/Suz.</p>	<p><b>19</b></p> <p>8:30 T.O.P.S. Weigh-in                      9:30 T.O.P.S. Meeting                      9:15 Yoga with Thad                      10:00 Knit &amp; Crochet                      10:30 Cardio &amp; Weights/Carol/                      11:45 Exercise w/Carol                      12:30 BINGO                      2:00 Holiday Singers</p>
<p><b>22</b></p> <p>9:00 Massage by Appt.                      9:15 Morning Flow Yoga                      10:00 Scrabble                      10:00 Wood Carving                      12:45 Tai Chi                      7:15 Evening Yin</p>	<p><b>23</b></p> <p>9:15 Yin w/Star  <b>10:00 Anyone Can Paint</b>                      10:00 Euchre                      10:30 Chair Yoga w/Star                      10:30 Line Dancing                      11:15 Senior Swim                      1:00 Dominoes                      2:00 BINGO                      7:15 Evening Mixed Yoga</p>	<p><b>24</b></p> <p>9:15 Kaiut w/Kristie                      10:00 Pinochle                      10:30 Chair Kaiut w/Kristie                      11:00 Card Making  <b>11:30 Identity Theft Prevention</b>                      11:45 Exercise w/Carol                      12:30 Mahjong                      12:30 Watercolor                      1:00 Fun &amp; Games</p>	<p><b>25</b></p> <p>9:15 Yin w/Star                      10:00 Wood Carving                      10:30 Chair Yoga w/Star                      11:15 Senior Swim  <b>11:30 DIA Trip –Concert</b>                      11:30 Intro to Hand &amp; Foot                      12:00 Hand &amp; Foot                      12:00 Line Dancing                      7:15 Evening Kaiut w/Suz.</p>	<p><b>26</b></p> <p>8:30 T.O.P.S. Weigh-in                      9:30 T.O.P.S. Meeting                      9:15 Yoga with Thad                      10:00 Knit &amp; Crochet                      10:30 Cardio &amp; Weights/Card                      11:45 Exercise w/Carol                      12:30 BINGO                      2:00 Holiday Singers</p>
<p><b>29</b></p> <p>9:00 Massage by Appt.                      9:15 Morning Flow Yoga                      10:00 Scrabble                      10:00 Wood Carving                      12:45 Tai Chi                      7:15 Evening Yin</p>	<p><b>30</b></p> <p>9:15 Yin w/Star                      10:00 Euchre                      10:30 Chair Yoga w/Star                      10:30 Line Dancing                      11:15 Senior Swim                      1:00 Dominoes                      2:00 BINGO                      7:15 Evening Mixed Yoga</p>	<p><b>31</b></p> <p>9:15 Kaiut w/Kristie                      10:00 Pinochle                      10:30 Chair Kaiut w/Kristie                      11:00 Card Making                      11:45 Exercise w/Carol                      12:30 Mahjong                      1:00 Fun &amp; Games</p>	 <p><b>April 2024</b></p>	

The Center for



*Ages 50 & up*

*Our Mission:*

“To encourage the art of living well by building a vibrant community of active individuals, 50 & up, through diverse programming and activities.”

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